

Yoga Instructor Profiles

Last Updated Wednesday, 20 September 2006

[Yoga Main Page](#)

Choose an instructor:

[Andrea Ahrens](#)

[Andrea Ahrens](#)

[Brian Burton](#)

[Susan Chiocchi](#)

[Robin Cooney](#)

[Karen Dowling](#)

[Kassandra Genovesi](#)

[Caroline Goosman](#)

[Martha Griffin](#)

[Louann Harlow](#)

[Sat Tara Kaur Khalsa](#)

[Kathy King](#)

[Dietrich Lawrence](#)

[Angel Lin](#)

[Kent Lindemer](#)

[Pamela Lippe](#)

[Tess Lorraine](#)

[Dan Michael](#)

[Kathleen Murphy](#)

[Darcy Vanderbie Pace](#)

[Laurie Pemberton](#)

[Beth Reninger](#)

[Tom Schweda](#)

[John Steele](#)

[Shawna Suzyn](#)

Matt Tomatz

Andrea Ahrens

Yoga and Meditation Instructor:

Eldorado Shambhava Teacher Training Program, 200 hour, nationally certified program through the Yoga Alliance, Eldorado Springs, CO 1999-2001

Shambhava School of Yoga, Grand Junction, CO 1990-1994

Leopard Communications, Boulder, CO 1998

Level3 Communications, Boulder, CO 2001

Shoshoni Yoga Retreat, Rollinsville, CO 1987-2001

Denver School of Yoga, Denver, CO 1995-1999

CU Boulder Recreation Program, Boulder, CO 1985-1986

Health Club, Grand Junction, CO 1991-1994

Workshops and Seminars:

Workshop, Channel 9 Health Fair, CO 1995

Information/Demonstration, Centrobe Health Fair, Louisville, CO 1998

Guest Speaker: IMCA (Insurance Marketing Communications Association) Conference,

Keystone, CO June, 1999

"Yoga in the Workplace"

Gave 90 minute lecture/demonstration for insurance VPs and marketers from the US and Canada.

Eldorado Mountain Yoga Ashram, Eldorado Springs, CO 1985-2001

Private Yoga Classes, Grand Junction, Denver, and Boulder, CO 1990-present

[back to top](#)

Eileen Benzel

Eileen Benzel has always had a great love for movement. Due to this, she has been teaching in the fitness world since 1987, starting out with aerobics. By 1997 her interest swayed to the yoga world, and by 1999 she obtained her yoga certification with Kripalu. A year after this, she also started studying pilates, and was certified through Polestar in mat. For the next few years she taught in various locations, including a wellness center for a hospital. In 2005 she attended a workshop with Brook Siler, which motivated her to further her knowledge of pilates by studying equipment in the classical style of pilates. Since then she has been teaching equipment classes as well, and continues to grow and teach in both classes and privates.

[back to top](#)

Brian Burton

I teach an easy flowing yoga which consists of mindful movement, classical poses and linking asanas in easy flowing sequences. I emphasize mindfulness of breath, body and mind. I use poetry to enhance the yoga experience and teach simple pranayama practices to release stress and allow for a natural yoga experience to arise. My yoga back ground comes from the Shambhava School of Yoga, a classical school. However both my own practice and my teaching have been strongly influenced by a 25 year mindfulness meditation practice and most currently by training in Mindfulness Based Stress Reduction with Jon Kabat Zinn.

Susan Chiocchi

Susan Chiocchi (key-o-key) began studying yoga more than ten years ago. She "stumbled" into yoga with the intention of rehabilitating dance injuries and found the union of spirituality with the sacredness of being embodied. Ultimately, she landed in The Yoga Workshop and met her primary teacher, Richard Freeman. Her practice grew as she discovered moving to the music of her own breath and internal rhythms. Susan continues to deepen her yoga practice studying with teachers from many yogic traditions. In conjunction with developing an Astanga yoga practice she began formally studying energetic healing. Susan both practices and teaches bio-energetic

healing. She is a Certified Reiki Master Teacher and is completing a four-year program of study with the Barbara Brennan School of Healing. A former dancer and professional artist, Susan holds a BFA.

Astanga yoga as taught by Sri K Pattabhi Jois, utilizes sequential postures that flow with the movement of the breath. Balance, strength, flexibility and calmness enhance the practitioner's whole being. Susan's teaching integrates the tradition of Yoga with her work with the human energy field that stems out of western physics and spirituality. Emphasis on breath awareness, alignment, and learning to listen to the wisdom of the body's guidance are presented

with humor and mindfulness.

[back to top](#)

Robin Cooney

I have been involved in alternative health disciplines since 1974. As a teacher and practitioner of the Transcendental Meditation Program, I did hatha yoga. I am now a student of Zen, which is a way to observe and understand the bodymind mechanics as well as cultivating mindfulness outside of the formal sitting practice. My training in massage therapy helps me to more accurately explain the yoga postures.

I strive to create a learning environment that is supportive, compassionate, and relaxed where a student can challenge her body and her preconceived ideas about fitness. Students needn't have any previous yoga experience — they begin from where they are. Along with learning the postures, I hope that as students learn how to move in new and enjoyable ways they will begin to listen to, trust, and become comfortable in their bodies.

I teach a style of yoga called Kripalu. Its hallmark is a compassionate, encouraging attitude combined with precise instruction of the postures. Although a less strenuous type of yoga, Kripalu yoga pays great attention to the details of each posture (asana), proper alignment, and to the cultivation of awareness of the body/mind relationship. My classes include basic poses, warm-ups, breathing techniques (pranayama), and basic meditation.

[back to top](#)

Karen Dowling

Karen Dowling is a dedicated yoga practitioner. Wanting to develop her flexibility and maintain her health she discovered yoga at an early age, and has been studying and practicing yoga asana and philosophy for more than 20 years. Karen began teaching yoga eight years ago at the request of friends who could see in her the many benefits of daily yoga practice and natural living. Since then she has gone through the arduous training and studying of the Iyengar Certification System and has become a Certified Iyengar Yoga Teacher.

Iyengar Yoga is the traditional Hatha Yoga of Patanjali as taught by Sri B.K.S. Iyengar. Sri

Iyengar is an 84-year-old yoga master who was trained in the traditional ancient manner that is classically Indian. He is still practicing and teaching daily in Pune, India where his Institute attracts students from all over the world. Hatha Yoga classes generally are based around specific postures the body gets into that increase the flow of energy through the various systems of the body. This increases health and vitality while training the mind to focus inwardly. Mr. Iyengar uses specific instructions to guide the body in and out of the postures (asanas) and keep the mind attentive to what the body is doing.

Iyengar's instructions are based on aligning the bones while toning and strengthening the muscles; thus developing good posture, vibrant health and steadiness of mind. Mr. Iyengar is the innovator of the use of props that increase accessibility of each posture to all bodies most especially to those that are injured or weak. Props are "aids" to help all get maximum benefit from the poses. Belts, blocks, and blankets are the basic props Iyengar uses to increase the therapeutic aspects of the asanas.

This is yoga you can feel! The physical benefits become evident quickly by building strength along with flexibility, and tone along with suppleness. Yet the true benefits extend much farther. Glowing health and well-being pervade the mind and consciousness; the practitioner feels connected to their self and the Cosmos.

"My classes offer the practitioner radiant health, resilience and balance as well as a deeper understanding of and connection with your own body." In her classes, Karen unites the Spiritual and philosophical aspects of yoga with the physical postures giving her students the full realm of the yoga experience. Her classes are fun, challenging, lighthearted and insightful.

In my classes we work with the basic asanas to develop strength along with flexibility. Holding the asana we deepen the posture with specific directions that bring correct alignment of the physical body while keeping the mind focused on the present moment and the consciousness directed within. We use yoga to create different states of energy to relax, release, energize, de-stress, or rejuvenate. This is powerful yoga that has immediate effects on the physical as well as the emotional and spiritual bodies. All will find benefit from these classes.

[back to top](#)

Kassandra Genovesi

I am a yoga teacher, meditation facilitator, transformational coach, and (most recently) mother. Life is constantly changing and unfolding. I'm finding that being a mom is the most intense, constant mindfulness training I've ever done. I am an advocate for trusting your own body and intuition.

My background is a BS in chemical engineering from UVa followed by a move to California to work in environmental consulting. After trying hard to be happy in the corporate world, I left it in order to teach movement and be happy – so I became an aerobics instructor. This lead into teaching yoga and starting several yoga programs in the Bay Area, including yoga classes at Visa's corporate headquarters in Foster City, CA. Yoga is transformation. This

isn't just a line; it's my experience. And so, as yoga becomes more and more a part of my life, my life transforms more and more.

In 2001, I left the Bay Area to travel and study at Sivananda in the Bahamas, Kripalu in Massachusetts, and Omega in New York. For most of the last three years I have been working, studying, and teaching at Omega Institute for Holistic Studies. During this time I've had the opportunity to study with many wonderful teachers, some well known and some not. A few of the better known teachers I've had the good luck to take classes with are Jon Kabat-Zinn and Saki Santorelli (Mindfulness Meditation), Richard Freeman (Ashtanga Yoga), Patricia Walden (Iyengar Yoga), John Friend (Anusara Yoga), and David Life and Sharon Gannon (Jivamukti Yoga). For more information, come to my classes and visit my website at www.yoga-and-transformation.com. Namaste.

[back to top](#)

Caroline Goosman

Caroline Goosman has been practicing yoga since 1989. She has studied Iyengar yoga and currently practices Ashtanga yoga. Caroline also facilitates YogaKids classes for ages 3 - 18. YogaKids is a unique approach to integrative learning using yoga as a pathway. Reading, storytelling, music, creative arts and earthcare blend seamlessly with yoga movement to educate the "whole" child. The YogaKids curriculum provides children with an exciting new way to explore and appreciate their creative potential. Children learn invaluable skills that set the ground work for meeting challenges and growing strong physically, mentally and emotionally, cultivating self-esteem for a lifetime of successful achievement.

[back to top](#)

Martha Griffin

In 1989, I became regular with yoga practice while I was healing a hip injury due to over training in running. Yoga was the main activity that allowed me to relieve the pain and bring balance back into my hips. With those results, I fell in love with Hatha yoga and became dedicated to my own practice. In April 1994, I became certified to teach at the Yoga Institute of Colorado so I could share the benefits of yoga with others.

Since 1995, I have mostly practiced Ashtanga Vinyasa style, and that is what I am currently teaching as well as pre-natal yoga. I have completed Richard Freeman's Ashtanga teacher training.

The advanced beginning Ashtanga class focuses mostly on the "primary series." Breath and alignment are emphasized.

Pre-natal yoga is a gentle class designed to encourage strength and flexibility, as well as ease aches and pains of pregnancy.

[back to top](#)

Louann Harlow

Louann has taught yoga for twenty years. In 1978 she began teaching for the City of Boulder Parks and Recreation Department as an aerobics instructor and has been the Yoga Program Coordinator (including Pilates, Swiss Ball, Feldenkrais, Chi Kung and NIA) for ten years. With the supervision of Al Quiller we serve the Boulder community by offering quality instruction in three different locations (NBRC, EBCC and SBRC). Louann's office is in the North Boulder Recreation Center (303-413-7255).

As a yoga instructor, Louann engenders an appreciation for yoga as interaction with universal truths which tangibly express themselves through our mind and body. The physical movement and stillness are places of reflection and sensitive inquiry. Our junction with the breath is meditation. The recognized health benefits of yoga are endless as we act in harmony intuitively and intelligently. Yoga brings about a positive mental attitude and though a complete fitness discipline in itself, complements all physical activities and sports.

Louann teaches all levels of yoga. In her classes, there is a consistent theme of the Ashtanga principles of core bandha, drishti (gaze), internal alignment and vinyasa. Muscles are encouraged to strengthen at their own rate and joints to stretch within the integrity of each individual so that one refines self-understanding. Props are sometimes used to assist or adapt a special need, for a restorative pose, or to enable "sukha" comfort or "sthira" steadiness. Though the curriculum of her class is guided by the students each day and season, a routine might include:

1. Seated posture or lying down – tension release and postural alignment (in a colder day, starting instead with a warm up – swinging movements of the limbs)

2. Body check-in: centering, listening inside, noting, letting be.

Breath awareness or pranayama

3. Warm-ups to increase circulation and mobility for head, neck, shoulder, eyes, wrists, and ankles. 3-4 sun salutations with slowly increasing intensities that may build sweat and thus whole body cleansing. Balancing abhyasa- the effort or discipline with vairagya – our non-attachment or relaxing is encouraged.

3. Standing asanas. The poses build in order in strength, endurance and flexibility. We move into and out of the poses dynamically or stay in them for 5-10 breaths, experiencing asana as a manifestation of inward consciousness, establishing stability in the posture, presence in the mind, and compassion in the heart. Asymmetrical poses are followed

by symmetrical ones. Forward bends and twists are sequenced to follow backbends.

4. Balance poses

5. Hip and shoulder openers

6. Inversions when appropriate. When advised, students do the bridge pose or dolphin as modified forms of shoulder, head or hand stand and arm balance.

7. Backbends and their counterposes

8. Seated twists and rejuvenating forward bends

9. Abdominal strengtheners (the closest thing like a Pilates exercise)

10. Sometimes restorative poses with passive stretching and lying over bolsters.

11. Pranayama (occasionally with hand mudras)

12. Savasana – a deep relaxation lying down. The concluding last 5-10 minutes after resting is time students may choose to do their sitting meditation.

13. Closing chant or reading. Questions are welcomed during and after class.

The straps, blocks, etc help vary a pose to make it more “user friendly”, to create more challenge, or alleviate problems areas like stiff shoulders or lower back. They are used as non-disruptively as possible to the flow of concentration. We will often use bars and walls and even trees outside in good weather. Students are expected to care and store props they use respectfully.

The teaching style includes demonstration, verbal instruction, observation and occasional partner work. Hands on adjustments are minimal but available upon request and interest. I encourage students to learn the sanscrit names, but I give both English and sanscrit in class. Louann has been practicing yoga for thirty years. In 1984, she attended the first Iyengar Yoga Convention and has continued in classes with most of this tradition’s senior teachers. Recent studies have been with T.K.V. Desikachar and Rod Stryker. Her primary teacher and longest in tutelage is Richard Freeman. She has practiced Vipassana meditation for eighteen years.

Louann is informed by a Masters in Physical Education and degrees in English and biology. Nature, family, hiking, cross-country skiing, riding horses, dancing, water in all forms, poetry and directing the Parks and Recreation Yoga Program she gratefully enjoys.

[back to top](#)

Sat Tara Kaur Khalsa, M.S.

Sat Tara Kaur Khalsa, M.S. has been teaching Kundalini Yoga for 30 years throughout the United States. She has taught classes for women, stress management, drug and alcohol rehabilitation, personal empowerment, holistic lifestyle and personal transformation. Sat Tara likes to use her expertise in counseling to enrich the yoga/meditation/deep relaxation format with powerful and effective techniques that foster personal growth. She has a strong and meaningful personal daily yogic practice. Sat Tara is also available for individual consultations.

Each class consists of exercise, meditation and deep relaxation. The exercises cover a variety of topics including: chakra balancing, flexibility of the spine, energy renewers, will and fearlessness, glandular balance, etc. Pranayama is incorporated extensively to deepen the experience. You will learn a variety of meditations that can be practiced for just a few minutes and are effective for various purposes. The deep relaxation is accompanied by soothing music or gong playing.

[back to top](#)

Kathy King

Kathy King has been a student of yoga for 10 years. She received her training from Peri Ness at the "Synergy Yoga" Center in Encinitas, California. She is an active member of Self Realization Fellowship founded by Paramahansa Yogananda. Her experience has also been influenced by many years as a student of Janet Jacobs in Boulder. The practice of yoga has been Kathy's personal therapy for dealing with the challenges of scoliosis.

Kathy enjoys teaching "Beginning" and "Back Care" yoga classes. Her approach is gentle.

Classes emphasize:

- Body and breath awareness
- Lots of warm up movements that "feel good"
- Practice of classical hatha yoga postures in a balanced sequence
- Pranayama
- Deep relaxation

These yoga practices promote greater flexibility and physical strength, an increase in mental clarity, deep relaxation and rejuvenation from within.

[back to top](#)

Angel Lin

Angel Lin has been practicing yoga since 1995. She is a 500-hour certified yoga teacher from Yoga Zone/Be Yoga in New York City, where she taught yoga until last October, when she moved to Boulder. The style of yoga she teaches is called ISHTA, Integrated Science of Hatha, Tantra and Ayurveda. ISHTA yoga incorporates the gentle poses and breath awareness of Viniyoga, the vigorous vinyasa flow of Ashtanga, the attention to detailed alignment and use of props of Iyengar yoga, as well as including various forms of meditations and relaxation in class.

Angel endeavors to assist students in creating their "personalized" yoga practice, so they can experience beauty in their own presence and all beings. Her teaching style is dynamic, openhearted, and accessible. She strives to bring physical, emotional and spiritual balance and harmony in her everyday life and hopes to convey the same to her class. She is also an excellent hands-on adjuster.

[back to top](#)

Kent Lindemer

Yoga has influenced Kent's life since childhood through the dedication of his mother to Siddha Yoga and its teachings. He used his early training to help him as a gymnast and later as a dancer from 1989-2000 for the internationally renowned Pilobolus Dance theatre. In 1997, Kent reimmersed himself in the study of Yoga to heal injuries and to also have the tools to help other dancers do the same. During this time, Kent started studying regularly with Anusara Yoga founder John Friend, as well as keeping his regular practice of Ashtanga Yoga. He completed a 1000+ hour schooling for massage and bodywork and then returned to dancing and teaching for Pilobolus. From 2000-2002 Kent toured the US and Japan as the massage therapist/aerial bungee rigger and trainer for the 1st and 2nd National tours of the Broadway musical Swing! He then moved to Boulder in 2003 to study with Richard Freeman and after completing both levels of Richard's teacher training was hired as a teacher at Richard's studio, The Yoga

Workshop. Kent also keeps a massage practice, teaches dance, yoga and Anatomy for yoga workshops nationally and internationally. He still performs, choreographs and teaches occasionally for Pilobolus as well as on his own and with others.

Kent's classes blend the unique combination of his experience into a rich understanding of not only the alignment, health and healing benefits of Yoga but also serve as an introduction into the rich source of creativity that flows within us all.

[back to top](#)

Pamela Lippe

Pamela Lippe has been a student of yoga for 20 years. She received her teacher training at the Kripalu Institute in Massachusetts and her advanced training in Integrative Yoga Therapy. Her experience as a dancer and professional massage therapist is incorporated into her knowledge of the body and movement. She synthesizes a variety of range of motion techniques, focuses on breath awareness, presence and strength, and makes adjustments for each person's physical limitations and specific needs.

As a teacher, Pamela encourages students to develop their awareness of the body-mind connection, to deeply relax, and to cultivate an attitude of loving kindness toward ourselves. Come with an open heart and mind to experience the meditation of movement, the nourishment of the soul, the inspiration of the breath, and the beauty of the whole being, from the inside out.

Imaging a yoga class that welcomes you to be completely comfortable moving at your own pace while challenging yourself towards your own fullest potential! In a non-competitive atmosphere of exploration and fun, discover a range of yoga styles that integrates strength building, flexibility, awareness and creative self-expression. The innate wisdom of the body and breath will be our guide as we learn what it is to move from the inside out.

Our study of the basic foundation principles of yoga will include the practice of yoga postures, breath techniques, centering, and self-awareness. Our classes will include:

Yoga Dance: flowing sequences of yoga postures and creative movements for self-expression.

Partner Yoga: postures done in pairs to enhance their effectiveness and fun, and to bring awareness of our connection to others.

Restorative Yoga: wonderfully restful postures of stillness supported by pillows or blankets to allow for healing of all the internal organs.

Deep Relaxation: the last part of our practice, a complete letting go, using guided imagery to move subtle energy from the inside out. Experience the stillness like a wave washing through you.

[back to top](#)

Tess Lorraine

Tess Lorraine has been involved in yoga and movement studies for 20 years. She has a degree in Dance Therapy from the Naropa institute. She teaches yoga from an interdisciplinary approach to movement, incorporating Feldenkrais, Bonnie Bainbridge Cohen's "Foundations of Movement," and principles of movement sequencing learned through her dance background. She has had exposure to various disciplines in Hatha yoga, including 17 years as an Ashtanga yoga practitioner and 3 years exploring the structural alignment principles of Iyengar Yoga and the sequence methodologies of Viniyoga.

Her classes are designed to address the goals of a wide audience from beginners to intermediate students. You will learn fundamental building blocks of alignment and flexibility through a flow of movement sequences coordinated with the breath to energize and balance your mind and body. Her style provides a dynamic exploration in how to direct your practice so that you can experience maximum health and fitness in your daily activities.

Goals of the class:

Increase physical strength, stamina and flexibility

Assure health and well being through greater alignment.

Reduce stress and improve relaxation.

Enhance mental balance and concentration.

Release chronic tension and access internal energy.

Establish a series of yoga sequences that you can learn and utilize for a personal practice.

Promote a more positive outlook on life.

[back to top](#)

Dan Michael

Dan Michael unknowingly began his path in yoga in 1989 after being seriously injured in a fall while rock climbing. As a former world class climber, Dan's quest to reclaim some sense of his health and well being led him to study healing arts at Heartwood Institute. There, his formal studies in yoga began with Gayna Uranski, an Iyengar styled teacher. A year later Gayna insisted that Dan revisit his hometown of Boulder and study with Richard Freeman and his cronies. Bravely facing his fear of Chief Niwot's curse, that one can never truly leave Boulder, Dan returned to Boulder and fully immersed himself in the Astanga yoga system. In '98 he deepened his study of Astanga yoga with a visit to India to experience K. Pattabhi Jois's teachings. Dan continues his study of yoga with many senior teachers from varying systems of yoga. He also continues his studies in healing practices that support the body as a whole. Dan is a Certified

Holistic Practitioner (Massage, Polarity, Neuromuscular and Cranial Sacral Therapies).

In the system of Ashtanga yoga, as taught by Sri. K Pattabhi Jois, one uses sequences of postures that flow with the movement of breath, to create balance for the practitioner as a whole being. The benefits of this system are numerous. Some of which are building strength, flexibility, concentration and a sense of well being. Dan's style of teaching in the Ashtanga system is to focus on safe alignment while keeping a sense of the traditional system of asana (posture) practice.

[back to top](#)

Kathleen Murphy

I have been practicing yoga since 1987 and teaching for the City of Boulder since January, 1997. I have participated in numerous teacher trainings, including classes in Iyengar, Ashtanga, Kripalu, Anusara, and Kundalini yoga. I have taken a wide variety of classes from well-respected teachers from around the country including Eric Schiffman, Rodney Yee, Patricia Walden, John Friend, Shiva Rea, Dona Holleman, Elise Miller, Judith Lasater, John Schumacher and Richard Freeman. Each year I attend the National Yoga Journal Conference and Continuing Teacher Education.

My practice has deepened over the years and I incorporate what I have learned to assist my students in their search for balance, strength and flexibility, and physical, emotional and spiritual growth.

My beginner/advanced beginner classes focus on traditional Hatha yoga poses and breathing exercises combined with some movements from other disciplines, i.e., Pilates and Feldenkrais, suitable for all levels. We use some props: blocks, belts and blankets, to allow the student, at any level, to experience the postures fully. More experienced students will be challenged with variations of the basic poses.

My purpose is to allow you to move into poses from the inside out. General movement patterns of the body tend to reinforce misalignment; we tend to stretch from our more flexible areas and rely on our developed muscles for strength. With awareness on correct alignment, weak areas are encouraged to strengthen and stiff areas to stretch. Using proper alignment, students experience the give and take between form and energy, learn to work with the rhythms of breath that

allow the essential body to reveal itself and support the poses with confidence and compassion. I focus on balance, strength and flexibility, while linking breath and movement.

My classes will help you feel more open, alive and present in your body by freeing the energy of the body, strengthening mindfulness and interweaving internal and external awareness. We will create a harmonious flow of movement throughout the entire body using the natural pathways of the joints, muscles and nerves.

We will practice slow, simple and mindful stretching that absorbs deeply, giving you a wonderful sense of physical, emotional and mental sweetness, while building body awareness and strength. You will develop focus and concentration, cultivate inner harmony and learn how to move more intuitively. We will end class with deep relaxation to leave you with a sense of peace and tranquility.

Namaste.

[back to top](#)

Darcy Vanderbie-Pace

Darcy Vanderbie has been a Physical Therapist for twelve years. She is owner of a Physical Therapy clinic that offers Pilates, Yoga, Massage, Biofeedback, Rolfing, and traditional Physical Therapy.

Darcy specializes in the use of the Ball for overall fitness as well as for rehabilitation of various injuries. In the last five years she has been working extensively with pre- and post-partum women.

Her classes are fun, individualized and innovative.

[back to top](#)

Beth Reninger

Beth Reninger is an acupuncturist and a poet, and has been practicing Yoga in the Iyengar and Ashtanga traditions since 1986, and teaching since 1994. She is also a student of Buddhism, and has practiced extensively with Vietnamese Zen Master Thich Nhat Hanh. Her interweaving of these two traditions creates a classroom environment in which movement

through yoga asanas is used as a tool to settle our awareness into the Present moment, deepening our insight and compassion. Her primary Yoga Teacher is Richard Freeman.

[back to top](#)

Tom Schweda

I moved to Boulder summer 2005 from Arizona. I received Ashtanga teacher training from Ulla Lundgren six years ago. I taught at her studio for the next four years. My practice and teaching are Ashtanga based, focusing on strength and finesse.

[back to top](#)

John W. Steele

John W. Steele, Ph.D., RYT, a Registered Yoga Teacher, Licensed Psychologist, and seasoned practitioner of both yoga and Zen, is dedicated to teaching with compassion, integrity and awareness. After studying Iyengar yoga under the guidance of Francois Raoult for more than a decade, John completed a 200-hour yoga teacher training program and a 3-year apprenticeship in which he served as Francois' teaching assistant and substitute-teacher. He also studied with a number of senior Iyengar teachers, including Patricia Walden, Joan White and Judith Lasater.

For more than 11 years, John has maintained a steady Zen meditation practice under the guidance of Bodhin Kjolhede, Sensei, and has participated in countless 7-day silent meditation retreats at the Rochester Zen Center. He also received specialized meditation training in the form of "mindfulness-based stress reduction" from Jon Kabat-Zinn, Ph.D. and has explored the integration of meditation and psychotherapy with a number of psychologists including John Welwood, Ph.D.

In addition to teaching yoga, John expresses his passion for transformational, heart-opening work by offering mindfulness-oriented psychotherapy to individuals, couples and groups.

[back to top](#)

Shawna Suzyn

Shawna has been involved in movement for over 20 years, beginning as a gymnast. She has been involved in yoga for the last 7 years, teaching all ages from 5- to 65-years-old. Her style is flowing, meditative, and physically challenging. She is certified in classic Hatha yoga, and is currently studying Ashtanga and Anusara which mainly influence her teaching style. Shawna is also a psychotherapist, and aims to facilitate her students in the upliftment and healing of body, mind and spirit.

Her class is beneficial for everyone, from professional athletes to those new to exercise, as well as the experienced yogis who would like to give their body and spirit some time for restorative and rejuvenative focus. We will practice traditional pranayama (breathing exercises) and asanas (exclusively on the floor) in a meditative flowing style to create greater flexibility, core strength, and balance, combined with an intension to connect inward, reduce stress, increase clarity of mind, peace and upliftment.

[back to top](#)

Matthew Tomatz

Matthew Tomatz: completed teacher training in the spring of 2001 with acclaimed yoga teacher and author Ana Forrest. For Matthew, Yoga offers a natural integration of body, mind, and spirit. He was immediately drawn to Yoga's capacity to restore the body's intrinsic balance. His kind and thoughtful demeanor allow a safe and inviting classroom. "If you choose to accept the gift of yoga, it's magic will grace and transform your body and spirit."

Matthew has studied yoga for five years. In addition to his ongoing training with Ana Forrest, Matthew has also studied with Richard Bird, author and co-creator of the LiteBodies system. Matthew holds a Bachelor's degree in education from the University of Houston, and he is currently pursuing a MA in Contemplative Psychotherapy at Naropa University. He is an experienced performer and teacher in classical music. He now joins his enthusiasm for teaching with his passion for Yoga.

Matthew's classes offer the opportunity to celebrate your spirit through yoga. Learn to blend intense mindfulness, breath awareness, and a variety of physical postures in order to open and heal the body. This dynamic style of yoga cultivates strength and spaciousness as you learn to generate internal heat that can begin to burn away emotional and physical shields. Matthew also incorporates material and teachings from other contemplative practices.

Appropriate for beginning and intermediate students.

[back to top](#)

[Yoga Main Page](#)